

To improve your chances for a Healthy Baby:



Seek **EARLY** prenatal care



Get good nutrition and regular exercise



Avoid harmful substances

KICK COUNTS!



How many times does your baby move?
Start this routine during the 8th month of your pregnancy.



Lie quietly on your side after dinner, or anytime your baby is normally active, and write down the time you start counting.



Count 10 separate times that the baby moves (movement may be a kick, turn or a flop of the baby).



Write down the time that you feel the 10th movement.



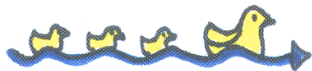
If one hour passes with less than 10 movements repeat the routine after a short change of activity and drinking a glass of juice.



CALL YOUR HEALTH CARE PROVIDER IF: you do not feel 10 movements in one hour while following the above routine or if you notice a change in your baby's activity level.



KNOW PREGNANCY DANGER SIGNS
(see reverse side)



PREGNANCY DANGER SIGNS

- ▶ Regular tightening of the uterus (often painless) or menstrual like cramps before your due date
- ▶ Pressure in the pelvis, lower abdomen or groin
- ▶ Dull back ache
- ▶ Loss of blood, or watery fluid from the vagina (may be leaking or gushing)
- ▶ Vaginal pain, itching or unusual or increased discharge or foul smell
- ▶ Tenderness of the uterus (when pressed with hand)
- ▶ Persistent vomiting, chills or fever

- ▶ Severe headache, blurred vision or sudden swelling of the face, hands and or feet

If you experience any of the danger signs listed above, it is **IMPORTANT** to notify your healthcare provider **IMMEDIATELY**.

FOR MORE INFORMATION CALL:

BABY YOUR BABY HOTLINE

1-800-826-9662



OR



REPRODUCTIVE HEALTH PROGRAM

801-538-9970

OR

YOUR HEALTH CARE PROVIDER:

REMEMBER...

I'm worth it!

